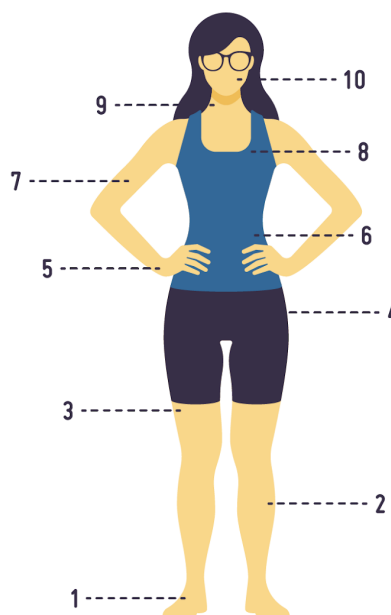


## Mindful Moment: Body Check - Tighten and Release

To do this exercise, keep voices quiet and sit or lie down. Start at your feet and work toward your head to tighten and relax the muscles in each part of your body.

Squeeze each part for 5 seconds and relax for 5 seconds before moving to the next section of the body:

Feet  
Calves  
Thighs  
Buttocks  
Hands  
Belly  
Arms  
Chest  
Neck  
Head



Take a few deep breaths.

This exercise, called **progressive muscle relaxation**, can be used when you feel stressed or when you have high or intense emotions and want to lower your response and relax.